

# ***Headquarters U.S. Air Force***

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*Integrity - Service - Excellence*

## **Fit Families: It Starts at Home & Continues at Air Force Services**



**Stacey Young, HQ USAF/A1SA**  
Child and Youth Branch

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# ***USAF FitFamily***

- **FitFamily stresses the importance of family fitness and nutrition to increase healthy lifestyles and the impact family activities and choices can have on well being**
- **YTD 16,597 total family members registered**
- **FitFamily introduced Living Fit portion to the website; provides tools for participants trying to reach self identified weight loss goals through good nutrition and balanced activity**
- **Cook It Up Healthy Recipe Contest received over 200 entries**
- **Hanscom AFB submitted winning recipe selected by chef, Herb Mesa. Visited base, spoke at school & fitness center and conducted cooking demonstration**
- **Families encouraged to Get Up, Get Out and Get Fit – Together! Register at [www.usafFitFamily.com](http://www.usafFitFamily.com)**



Get up. Get out. Get fit.  
*Together.*



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# ***USAF FitFactor***

- **USAF launched Season 7 of FitFactor on Sept 24, 2011 in conjunction with the Nickelodeon World Wide Day of Play**
- **YTD 4,500 youth enrolled**
- **FitFactor average annual enrollment 15K youth; 80K total youth since program inception in 2005**
- **Both AF FitFactor & FitFamily programs highlighted at the OSD Family Fitness Working Group**
- **FitFactor plays a significant role in the Presidential Task Force on Childhood Obesity & Let's Move campaign**





## What's happening @ My Base?

# MAIL CALL!



Thanks everyone for your service!

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Dyess AFB

**Post a message of support!**

Support our deployed troops with a quick note. This is an opportunity to let them know how important they are to our country. Your message could be selected to appear right here!



**GET OUT AND PLAY!**  
with **PLAYpass**

## Great Rewards and Discounts to Support Our Deployed Families and Single Airmen

**Extended  
Through  
Dec 2012!**

**Over \$500 in discounts, classes,  
programs and activities!**

PLAYpass gives deployed members with families and returning Single Airmen a break from the rigors of deployment through learning, recreation and leisure programs. Your Force Support Squadron is offering plenty of opportunities to get out and PLAY.

***Now includes support for Dependent Restricted Assignments***



A deployment support program for families of Active and Single Airmen

Follow this link to  
if you're eligible!

### Eligibility

Follow this link



# ***Air Force Youth Programs***

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- **AF Youth Programs**
  - **82 Youth Programs locations / Serve 63K youth daily 6-12 yrs**
  - **Activities offered in five core program areas:**
    - **Character & Leadership; The Arts; Youth Sports, Fitness & Recreation; Health and Life Skills; Education and Career Development**
- **AF Youth Camping Program**
  - **Includes residential, specialty and MAJCOM camps**
  - **Reach more than 5K youth annually**
  - **Activities help youth develop leadership and life skills, foster self esteem and assist them in resisting negative pressures**
- **AF Youth Sports and Instructional Classes**





# ***Air Force Teen Council***

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- **2011 AFTC Project: My Healthy Generation**
  - **Conducted at 32 installations**
  - **Involved 3,165 youth in fitness programs**
  - **Identified 336 new teen members in Youth Programs**
- **2012 AFTC Project: Air Force Teen Movement**
  - **Supports four pillars: Service, Fitness, Education and Employment**
- **Air Force Reserve Command Teen Council**
  - **Teens trained in Health Rocks!**
  - **Healthy Decisions and Life Choices**



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# ***Airman & Family Readiness Centers***

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- **A&FRC offer programs that assist with overall well being:**
  - **Relocation Services**
  - **Personal and Family Readiness**
  - **Personal Financial Readiness**
  - **Personal and Work Life Education**
  - **Exceptional Family Member Support**
  - **Career Development / Transition to Civilian Life**
  - **School Liaison Officer**
  - **Casualty Assistance**
- **Military Family Life Consultant**
  - **Help address deployment/reintegration, marriage and relationship issues, stress and anxiety, etc.**
- **Military One Source (1-800-342-9647)**
  - **Provides information and resources that can help improve many areas of life - personal to professional.**